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Self Awareness

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| **Across****4.** Key areas for self awareness include our personality traits,personal values, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, emotions and the phychological needs that drive our behaviors **6.** Self awareness will \_\_\_\_\_\_\_\_ a skills gap that you want to work on **9.** Needs cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**13.** When we focus on our \_\_\_\_\_\_ we are more likely to accomplish what we consider most important **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your personality helps you analyze such a decision **15.** Knowing your personal characteristics and how your actions affect other people **18.** A person with high emotional self awareness understands the internal process associated with emotional experiences and therefore,has \_\_\_\_\_\_\_\_\_\_ control over them **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ who are highly emotionally self aware are better able to read their "gut feelings" and use them to guide decisions **20.** Feedback on your characteristics and behaviors helps your develop your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Down****1.** It's very difficult to cope with poor results when you don't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ what causes them **2.** Understanding your own feelings what causes them and how they impact your thoughts and actions **3.** One of the five facets of emotional intelligence **5.** The behaviors that we repeat routinely, and often automatically **7.** To become more \_\_\_\_\_\_\_\_\_\_\_\_ we should develop an understanding of ourselves in many areas **8.** The information vacuum around a leader created when people withhold important information **10.** When needs aren't satisfied it can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**11.** \_\_\_\_\_\_\_\_\_\_\_ with well developed emotional self awareness are more effective intuitive decision makers **12.** Jobs that don't suit your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tend to give your more stress than jobs that are more compatible **16.** You will need to work extra \_\_\_\_\_\_ to develop skills for that job **17.** Self awareness helps you exploit your \_\_\_\_\_\_\_\_ and cope with your weaknesses  |